

## **PENINSULA VELO 2010 COACHING PLAN FOR PERFORMANCE TEAM**

The following contains the structure and enrollment information for the coaching plan made available to Peninsula Velo Performance Team Members. The PT is directed by the PV Athletic Director, assisted by the Performance Team Steering Committee, and coached by Clark Natwick of Endurance PTC. Clark is an USA Cycling Elite Level Coach who has won 10 past National Championship medals himself.

- Performance Team membership fee is \$100 for 2010 season.
- The “year/season” starts in December 1, 2009 and ends in September 30, 2010- 10 months.
- The PT membership fee will not be prorated (for late entry) or refunded (for early out).
- There is no limit to the Performance Team size.
- There is no deadline for Performance Team enrollment.
- Performance Team members that upgrade from a race category 4 or higher (e.g. 4 to 3, or 3 to 2) will receive a \$50 refund.

In order to join the Performance Team, the following criteria must be met:

- In good standing with the club (i.e. dues paid, volunteer for club event)
- Provide a commitment to the Performance Team (i.e. when possible, assist with “A” races, attend meetings, and achieve goals)

The Coach of the Performance Team will provide:

- Monthly team meetings, tentatively scheduled for the 1<sup>st</sup> Monday of each month, 6:30PM at Belmont Library
- On-road skills sessions
- General workout schedules/plans
- Target “A” Races during the 2010 Season
- Pre/post race team meetings at the “A” races
- Training Camp in January 2010

The Peninsula Velo Athletic Director is the:

- Liaison to the Coach for any implementation issues.
- Final arbiter of any issues needing arbitration.

# PENINSULA VELO 2010 COACHING PLAN FOR PERFORMANCE TEAM

Please complete the following and mail with payment:

NAME: \_\_\_\_\_

RACING CATEGORY: \_\_\_\_\_

AGE on 12/31/2010: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

CONTACT NUMBER: ( \_\_\_\_\_ ) - \_\_\_\_\_

Payment:

Checks Payable in the amount of **\$100.00** to **Peninsula Velo**

Mail Checks to **Randall Smith**  
**171 Madera Ave**  
**San Carlos, CA 94070**

Note: Feel free to include PV Membership Application and payment.

